

# JUNEAU COUNTY COMMUNITY RESOURCE GUIDE FOR FAMILIES



FOR ANY NEW OR UPDATED RESOURCES
DIAL 2-1-1
www.getconnected211.org



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# Abuse/Assault/Suicide

## **DOMESTIC ABUSE**

## Family Center, Inc.

A domestic abuse program providing safe shelter, legal advocacy, counseling, support groups, and treatment services. Works with men, women, and children. Located at 531 10th Avenue North, Wisconsin Rapids.

Call: 715-421-1511

## **Hope House**

A shelter program available to victims of domestic abuse and their children. Services include 24-hour crisis line, emergency shelter, support group with childcare, legal advocacy, transportation, option counseling information, and referrals. Serves Sauk, Columbia, Adams, Marquette, and Juneau Counties. Call: 847-3331 or 800-584-6790

#### **Passages**

A program for victims of domestic violence. Serves Juneau County but is located in Richland Center. Provides 24-hour emergency shelter and crisis line plus support groups with childcare, information, and referrals. There is no charge for these services. Call: Business Line: 608-647-6317 or 24 hours Crisis line: 800-236-HEAL (800-236-4325); Domestic violence hotline (24 hours)

#### **Juneau County Department of Human Services**

Provides 24-hour emergency services for emotional and family crises, including problems with alcohol, drugs, and child abuse. No charge for telephone call and crisis intervention.

Call: 847-2400 or (emergency) 608-847-6161



# Abuse/Assault/Suicide

## **DOMESTIC ABUSE CONTINUED**

Emergencies on weekends, nights, or holidays, call Juneau County Sheriff's Department. Call: 847-5649 or 911

## **SEXUAL ASSAULT**

Rape Crisis Line	608-251-7273
Passages	800-236-4325
Juneau County Dept. of Human Services	608-847-2400
or (Emergency)	608-847-6161
Juneau County Sheriff's Department	608-847-5649
or (Emergency)	911

## **SUICIDE**

Suicide Prevention Hotline 24 hrs/7 days 800-SUICIDE

or 800-784-2243

or <u>www.suicidehotlines.com</u>

La Crosse 800-362-8255

Madison 608-280-2600

Wisconsin Rapids 715-421-2345

Catholic Charities of La Crosse 888-212-4357



# Counseling and Support

St. Clare Center  Provides 24-hour confidential free assessment an services regarding alcohol and drug abuse. Out-pindividual, and family services.	d intervention	
Juneau County Dept. of Human Services Provides counseling sessions for individuals, coufamilies; also group counseling. Cost is based on according to family income.	ples, and	
Hess Hospital	608-847-6161	
Provides counseling for individuals, couples, and families. Counseling for domestic abuse, depression, anxiety, and stress. First visit is free. Medicare, Medicaid, insurance, or private pay. Hours are 8-4 or by appointment.		
Juneau County Health Department	608-847-9373	
Franciscan Skemp Health Care, La Crosse	608-785-0940	
	800-362-5454	
Aging (60+) Benefit Specialist	608-847-9367	
	608-847-9371	
Catholic Charities-Madison	800-236-4673	
Lutheran Social Services-Baraboo	608-355-7986	
Lutheran Social Services-Portage	608-742-4244	
Safe Place for Newborns	877-440-BABY	
	(877-440-2229)	
or www.safeplacefornewborns.org		



# TEEN COUNSELING

## If you are in High School, your school nurse can help

Mauston	608-847-4410
Elroy	608-462-2602
Necedah	608-565-2256
New Lisbon	608-562-5755
Wonewoc	608-464-3165

## **LEGAL COUNSELING**

Legal Action of Western Wisconsin	800-873-0927
0	r 608-785-2809
Eligibility determined by income. Call to or write to P.O. Box 2617, LaCrosse, WI	
Lawyer Referral/Information	800-362-9082
State Bar of Wisconsin	608-257-4666
Aging (60+) Benefit Specialist	608-847-9367



## **EDUCATIONAL COUNSELING**

Workforce Connections	608-847-4899
Community Action Council	
Mauston	608-847-1124
Wisconsin Dells	608-254-8353

WWTC \_\_\_\_\_\_\_608-847-7364



# Miscellaneous Support Groups

## **Alzheimer Support Group**

For more information call Heidi Randall at **847-9366**.

## **Depression Support Group**

Provides education and support to those who are experiencing depression. Held in November. For more information, **call** 

847-6161, extension 217.

## **Diabetes Support Group**

Presentations for those with diabetes, families, and friends. Meets every month. For more information, call 847-6161, extension 786.

## Family and Friends Support Group

For the family and friends of nursing home residents. For more information, call 847-6161, Extension 422.

## Fibromyalgia Support Group

For people suffering from Fibromyalgia. For more information, call 847-6161.

#### **Grief Support Group**

Sponsored by Hess Memorial Hospital. For more information, call 608-847-6161, extension 217.

## **Low Vision Support Group**

For more information call Heidi Randall at 847-9366.



# Drug and Alcohol Abuse Support Groups

St. Clare Center Clinic	800-433-2688
Juneau County Human Services	608-847-2400
Narcotics Anonymous	800-240-0276
Al-Anon/Alateen	800-344-2666
Al-Anon/AlateenHOTLINE	800-356-9996
Alcoholics Anonymous	608-222-8989
Alcohol (24 hours) Help Line	800-252-6465
Informational Website <u>www.alcoholics-anonymous.org</u>	
Al-Anon/Alateen - A support group for love	ed ones of

**Al-Anon/Alateen -** A support group for loved ones of alcoholics. There are no dues and attendance is confidential.

**Alcoholics Anonymous (AA)** - A support group for anyone who has the desire to stop drinking. There are no dues and attendance is confidential. **Call: 800-362-8255** 



# Smoking Cessation

## **Self-Help Information:**

American Cancer Society		800-227-2345
Tobacco Free Coalition		
<b>Smoking Cessation Classes</b>		
Hess Memorial Hospital		800-252-4377
	or	608-847-6161



Wisconsin Tobacco Quit Line	800-784-8669
Spanish	877-286-3863
Hearing Impaired	877-777-6534

Hours: 7:00 a.m. to 11:00 p.m. daily



# Sexually Transmitted Infections

## **CONFIDENTIAL TESTING**

Natl HIV & STD Testing Resources www.hivtest.org
Family Planning-Mauston (HIV,STD) 800-246-5743
Friendship(HIV,STD)800-246-5743
Planned Parenthood-Portage (HIV,STD)608-742-1551
Madison(HIV,STD) 608-241-3767
Health Dept, Sauk County (HIV)608-355-3290
Adams County (HIV)608-339-4505
AIDS Network-Madison (HIV)800-486-6276
Your Family Doctor (HIV,STD)see page 23

## **INFORMATION & RESOURCES**

National HIV & STD Testing Resources	www.hivtest.org
Juneau County Health Dept	608-847-9373
HIV/AIDS Informational Line	800-232-4636
Hearing Impaired	800-232-6348
Center for Disease Control	www.cdc.gov



## Pregnancy

Family Planning	608-847-6568
Your Family Doctor	See page 23
Prenatal Care Coordination Juneau County Health Department	608-847-9373
W.I.C. (Women, Infants, Children)	608-847-9375
Safe Place for Newborns	877-440-BABY
or www.safenlace	fornewborns.org

<u>Prenatal Care Coordination</u>: Provides assistance in locating and coordinating services during pregnancy. Call: 847-9373.

<u>Presumptive Eligibility</u>: Counsel and referral to programs assisting with pregnancy needs and help establishing good health care. Provide a presumptive eligibility card to eligible women to cover ambulatory prenatal services. Provide information and technical assistance. **Call: 847-9373.** 

<u>Prepared Childbirth Classes</u>: A three-week course for pregnant women in their last trimester and a support person. Gives information about pregnancy, labor, and delivery. Sponsored by Mile Bluff Medical Center. For dates and times call 847-6161, Extension 352.

After Delivery-What Then?: One-night class. Follows Feeding Your Baby class, but not a prerequisite. Prepares you to take care of yourself and your baby after delivery. For more information, call 847-6161, extension 352.



# Pregnancy

<u>Feeding Your Baby</u>: One night. Follows Prepared Childbirth Classes, but not a prerequisite. Helps you decide whether to breastfeed or bottle-feed your baby and gives you the basics of both. Sponsored by Mile Bluff Medical Center. Call 608-847-6161, extension 352, for information.

## **WIC**

A supplemental food program and nutrition education for pregnant women, new mothers, infants, and children. For more information, call the Juneau/Adams County WIC Project at 847-9375.

# Programs for Parents and Children

<u>Parenting the First Year</u>: A series of 12 monthly newsletters focused on the baby's first year of life. Mailed when baby is born at Hess Memorial Hospital. No charge. Sponsored by the Juneau County Extension. Call: 847-9329.

## **▶** Hand-In-Hand Parenting Program:

Education and support for parents during the first year of a child's life. Topics range from breastfeeding to safety and play. This group meets monthly. For more information, call 847-6161, extension 631.



# Programs for Parents and Children

<u>Birth-to-Three Program</u>: For parents of children with developmental delays. Services may include: special instruction in the home, therapies for children, parent education, and other support services. For information, contact the Juneau County Department of Human Services. Call: 847-2400.

<u>Fluoride Varnish Application</u>: Available at no cost for children ages 9 months to 6 years old that are Medicaid eligible. To make an appointment, call the Juneau County Health Department at 847-9373.

<u>Head Start</u>: Educational program available free of charge for children 3-5 years of age and their families who meet income guidelines. Operated by Head Start of Wisconsin. For local Head Start, call 608-847-4991 or Statewide Network: 608-742-5329 or 800-344-7543.

<u>Healthy Start</u>: Provides payment for medical care for pregnant women, babies, and young children. For more information, call: 847-2400.

<u>HealthCheck</u>: A preventive health checkup program for ages birth to 21 on Medical Assistance. Call: 847-9373 for more information.



# Programs for Parents and Children

<u>Car Seat Inspections</u>: Educates parents on how to install car seats correctly; if the car seat is compatible with the vehicle safety belt; if a locking clip is needed; which car seat is appropriate for the child's size; registering the seat for recalls with the manufacturer or Wisconsin's registration system. Call 847-9373 for an appointment.

## **WIC**

A supplemental food program and nutrition education for pregnant women, new mothers, infants, and children. For more information, call the Juneau/Adams County WIC Project at 847-9375.

<u>Family Resource Center</u>: Play group, workshops, check-out system for toys, videos, literature, and learning activities. Call: 847-4991.

## Hotlines

Maternal and Child Health Hotline	800-722-2295
Safe Place for Newborns	877-440-2229
Poison Control Center	800-222-1222
Services Hotline for Women, Children, and Families	800-855-7296
Wisconsin First Step	



# Adoption

Juneau County Human Services Mauston	608-847-2400
Catholic Charities	
Madison-Main number	608-256-2358
Adoptions	608-833-4800
or	800-236-4673
Lutheran Social Services	608-277-0610
Adoption Choice, Inc. Milwaukee	414-276-3262
or	800-255-6305
State of Wisconsin Adoption Info. Center	800-571-1105
Children's Service Society	
Madison	608-221-3511
Baraboo	608-356-3019
Community Adoption Center, Inc.	
Statewide	800-236-7863
Madison	608-833-5881
Manitowoc	920-682-9211
Special Needs Adoption Network	800-762-8063
Adoption Resources of Wisconsin	414-475-1246





# Child Development and Care

If you are worried about your baby's development, call:

## **Ages 0-3**

Juneau County Health Department	608-847-9373
Birth-to-Three Program_	608-847-2400
Early Head Start	888-565-6100
Mauston	608-847-4991

## **Ages 3-5**

<b>Local Head Start Information</b>	n	608-847-4991
or Portage (Main Office)		608-742-5329
,	or	800-344-7543

## Ages Birth-21:

HealthCheck (for children on MA) 608-847-9373

## **Day Care**:

For information on Juneau County licensed and certified day care centers:

Family Resource Center:	608-847-4991
Parenting Place	800-873-1768
Juneau County Health Department	
Juneau County Human Services	
U.W. Extension Parenting Classes Mauston	608-847-9329
First STEP (Information and referral	
for disabled children-24 hours)	800-642-7837



## **Immunizations**

Low cost immunizations are available at Juneau County Health Department for children and adults.

Call 608-847-9373 for a schedule.

Parents <u>must</u> accompany minor children to the clinic or contact our office prior to the clinic date.

Please bring your child's immunization record with you.

Permission forms may be accessed on our website: www.co.juneau.wi.gov

A \$3.00 donation is requested for each vaccine given. No one will be refused vaccinations due to the inability to pay.

MA/BadgerCare accepted.



## Food

**Community Sharing Food Pantries:** For people and families who need emergency food for 1, 2, or 3 days. There is no charge. Operated by community ecumenical groups.

## Camp Douglas:

St. James Catholic Church

100 Bartell Street

Last Thursday - 9:00-11:00 a.m.

**Elroy** Grace Lutheran Church

226 Erickson Street

Thursday - 1:00-2:00 p.m.

**Mauston** Community Sharing Food Pantry

1 Kennedy Street Suite 7

Tuesday, Wednesday, and Thursdays

9:30-11:00 a.m.

Message Phone: 847-6690 (Bethany

Lutheran Church)

**Necedah** 1000 Farnam Drive (Head Start Building)

Necedah, WI 54646

Thursday - 9:30-11:30 a.m.

**New Lisbon** Bethany Lutheran Church

618 W. River Street

Thursday - 8:30—10:45 a.m.

(not open if the 5th Thursday of month)

Third Tuesday 4:00—5:00 p.m.

(for working families only)

## **Wonewoc-Union Center:**

Town of Wonewoc Building-Union Center

1st Saturday of each month

9:00-10:00 a.m.

**Juneau County Health Department** 



# Food

#### S.H.A.R.E.

A low cost, self-help food program which enables people to purchase food packages every month at a savings of up to 50%. Accepts cash or food stamps (no checks). Participants are required to do two hours of volunteer community work each month. For information of dates and times for your area, call 800 -548-2124 or check the internet at www.sharewi.org

<u>WIC</u> - A supplemental food program and nutrition education for pregnant women, new mothers, infants, and children. For more information, call the Juneau/Adams County WIC Project at 847-9375.

<u>COMMUNITY SHARING SUPPER</u> - Provides and opportunity for sharing a community dining experience for all persons in Mauston area. Held the **last** Thursday of the month at the Mauston High School, 510 Grayside Ave, Mauston from 5:00 p.m. - 6:30 p.m. For more information contact: Margie Strouse 608-751-7515, Tammy Boyd 608-847-7050, Cathy Thrasher 608-847-6543 or Lauri Balfanz 608-847-4035.

Elroy United Methodist Church—Community Sharing Supper, 204 Royall Drive, Elroy, WI 4:30—6:00 p.m. Held 4th Wednesday of each month. 608-462-5953.

## Nutrition

#### **Smart Balance**

A class to teach you health and nutrition for life. For more information, call 847-6161, extension 330

#### **Nutrition Counseling**

Meet with a dietitian to discuss your health and nutrition. For more information, call 847-6161, extension 680.

#### **Diabetes Instruction**

One-on-one and group sessions with a certified diabetes educator for instruction on insulin administration, blood sugar monitoring, and diabetes management. For more information, call 847-6161, extension 786.

ACCESS: ACCESS is an internet tool that can help you see if you might be able to get health, nutrition, and other benefits-such as FoodShare, Drug Assistance Programs, Emergency Food Assistance Program, Tax Credits, etc. Check the internet at www.access.wisconsin.gov

**Juneau County Health Department** 



# Short of Money

Healthy Start Mauston 608-847-2400

Healthy Start is a medical plan for pregnant women and children. Healthy Start will pay for all doctor visits and hospital costs; prescription drugs; delivery of your baby; health care (medical, dental, and vision) for pregnant women for 60 days after delivery; and health care (medical, dental, and vision) for children. Call the Healthy Start phone number today and give your children a Healthy Start!!

Badger Care	Mauston	608-847-2400
Medical Assistance	Mauston	608-847-2400
Income Assistance	Mauston	608-847-2400
Energy Assistance	Mauston	608-847-5988
Rental Assistance	Mauston	608-847-1124
Housing Authority	Mauston	608-847-7309
Renewal Unlimited	Portage	608-742-5329
St. Vincent De Paul	Wis. Dells Mauston Baraboo	608-254-4011 608-847-6235 608-356-4649
Community Action Main #	Mauston	608-847-1124

Emergency Food pantry, fuel assistance and weatherization. **Central Wisconsin Community Action,** 1 Kennedy St., Suite 4 Mauston. Monday through Friday from 8:00 a.m. to 4:30 p.m.

Mauston **608-847-5988**OR Wis. Dells **608-254-8353** 

Help for Hard Times Guide **Dial 2-1-1** 

**Juneau County Health Department** 

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## Health Care

## Wisconsin Well Woman Program

You may be eligible if:

- **X** You are a woman, age 35 to 64.
- **X** You do not have health insurance, or your insurance does not cover basic checkups, or you are unable to pay deductibles or co-payments.
- **X** Your income meets guidelines.

You may be eligible for health checkups at no cost to you. These include screenings for breast and cervical cancer.



Call the Juneau County Health
Department at 847-9373 0r 866-735-9616 for more

## BadgerCare Plus

Health insurance for children and families in Wisconsin. Covers all kids, regardless of income, pregnant women and other adults within certain guidelines.

## The **Juneau County Health Department** can help by:

- 1. Checking eligibility
- 2. Assisting with completing an application
- 3. Providing temporary insurance cards (if applicable) Call 847-9373

## Other Numbers for Health Care

Emergency Room	847-6161
Family Planning	847-6568
Hess Home Health	847-6161
Hess Memorial Hospital	847-6161
TDD (Hearing Impaired)	847-5422
Urgent Care-evenings and weekends	847-6161



## TO MAKE AN APPOINTMENT

## **CLINICS**

Elroy Family Medical Center	462-8466
Delton Family Medical Center	254-5888
Mile Bluff Clinic	847-5000
Necedah Family Medical Center	565-2000
New Lisbon Clinic	562-3111
Wonewoc Gunderson Clinic	
St. Joseph's Clinic Elroy	462-4116

<u>ACCESS</u>: ACCESS is an internet tool that can help you see if you might be able to get health, nutrition, and other benefits-such as FoodShare, BadgerCare, SeniorCare or other Drug Assistance Programs, Emergency Food Assistance Program, Free/Reduced price school meals, Summer Food Service Program, Tax Credits. Check the internet at www.access.wisconsin.gov



# Dental Health



Karas, Chris/Winn, Daniel (Elroy)	462-8282
Karas, Chris/Winn, Daniel (Necedah)	565-7173
Dental Associates of Baraboo	800-362-1224
McCormick, P. Michael	847-5614
Mauston Dental Center	847-6700
Myhre, Wayne E.	489-2727
Newman, Dirk A.	847-5572
Rubash, Charles M.	562-5180
Scenic Bluffs Community Health Center	654-5157
Wolfenden, Jay	489-3499

# Eye Health



Schaefer, John W	847-6264
Gundersen Lutheran Vision Center - Hillsboro	489-2451
Vision Care Associates - Tomah	372-4664



## Miscellaneous

<u>ACCESS</u>: An internet tool that can help you see if you might be able to get health, nutrition, and other benefits-such as, Drug Assistance Programs, Emergency Food Assistance Program, Tax Credits, etc. Check the internet at access.wisconsin.gov

**Family Preservation and Support Program:** Parenting support, inhome visits, and family goal setting. Family counseling, anger management, and stress management.

Call: 847-4991.

**Family Planning Health Services:** Provides physical examinations, PAP tests, breast exams, and birth control devices for teenage and adult women. Cost is based on a sliding scale according to income level. **Call: 847-6568.** 

**Grateful Hearts:** A Christian women's group dedicated to helping those in need (e.g. household items, clothing, baby furniture, car seats, coats, hats, gloves, and boots in the winter months. **Call: 608-847-2068.** 

**Juneau County Housing Authority:** Housing for the elderly. **Call:** 847-7309

Mauston Housing Authority: Provides housing information and rental assistance. Call: 847-4379.

Mauston City Cab - Call 847-3008

Medical Assistance Transportation Program: Assists in providing transportation for medical care for those on Medical Assistance. Call: LogistiCare 866-907-1493.

Red Cross-608-227-1292

Salvation Army: 608-462-5398 (Wes Dunbar, Grace Lutheran -Elroy)

Social Security—800-772-1213 or 715-423-3749

**Work Force Connections:** Job Center, child support, child-care, job access loans, transportation assistance, and education training. **Call: 847-4899.** 



# Thrift/Resale Shops

## **Helping Hands**

420 Lincoln Street Mauston, WI 53948 (608) 847-2559 Open 8:30 a.m. to 4:30 p.m. Monday through Friday

## **Hess Memorial Hospital Auxiliary**

Elm Street, Mauston, WI 53948 Open Monday through Wednesday 12:30 p.m. to 4:00 p.m. Thursday and Friday 9:00 a.m. to 4:00 p.m. Saturdays from 9 a.m. to 12 p.m.

## **Queen of Holy Rosary School Thrift Shop**

W5606 Shrine Road Necedah, WI 54646 (608) 565-2191

## Goodwill

1616 N. Superior Avenue Tomah, WI 54660 (608) 372-7464

## St. Vincent's De Paul

217 Washington Avenue
Wisconsin Dells, WI 53965
(608) 254-4011
16 W. Main Street
Reedsburg, WI 53959
(608) 524-7714
620 McEvoy Street
Mauston, WI 53948
(608) 847-6235



# Public Libraries

Elroy Public Library 462-2407 501 2nd Main Street Elroy, WI 53929
Hatch Public Library 847-4454 111 W. State Street
Mauston, WI 53948
Necedah Memorial Library 565-2253
217 Oak Grove Drive Necedah, WI 54646
New Lisbon Memorial Library 562-3213 115 W. Park Street
New Lisbon, WI 53950
Wonewoc Public Library 464-7625 305 Center Street Wonewoc, WI 53968





## COURTESY OF:

JUNEAU COUNTY HEALTH DEPARTMENT 220 EAST STATE STREET ROOM 104 MAUSTON WI 53948

PHONE: 847-9373

**Revised September 2011** 

Every effort was made to verify the accuracy of the information contained in this booklet..